COOKIES COOKBOOK

Here are the recipes for everyone's favorite cookies.
These are unbearably delicious!

RAY CRUZ

PRODUCED BY
THE WOMAN'S DAY FOOD DEPARTMENT

REFRIGERATOR COOKIES

REFRIGERATOR SPICE COOKIES

- 1¾ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon *each* ground nutmeg and allspice
- ½ cup butter or margarine, at room temperature
- ½ cup packed dark-brown sugar
- 1 large egg
- ⅓ cup raw-sugar crystals
- For decoration: halves and slivers of red and green candied cherries

Mix flour, baking powder, salt and spices. Beat butter and sugar in large bowl with electric mixer until fluffy. Beat in egg. Gradually beat in flour mixture until blended. Divide dough in half. Shape each half into a log about 1½ inches in diameter. Roll each in raw sugar to coat. Wrap and refrigerate 4 hours or until thoroughly chilled. Heat oven to 350°. Lightly grease cookie sheets. Slice dough into rounds ⅓ inch thick. Place 1½ inches apart on prepared cookie sheets. Lightly press cherries into tops in decorative patterns. For soft cookies, bake 10 to 12 minutes until tops look dry and set; for crisp cookies, bake 12 to 16 minutes. Remove to rack to cool completely. Makes 36. *Per cookie: 64 cal, 1 g pro, 9 g car, 3 g fat, 15 mg chol with butter, 7 mg chol with margarine, 53 mg sod*

COCOA MINT WAFERS

- 1½ cups all-purpose flour
- ¾ cup unsweetened cocoa powder, preferably Dutch process
- 1¼ teaspoons baking powder
- ⅛ teaspoon salt
- ¾ cup butter or margarine, at room temperature
- 1¼ cups granulated sugar
- 1 large egg
- 24 rectangular mint parfait wafers (a 6-ounce package contains 36), melted with 1 tablespoon vegetable shortening

Mix flour, cocoa, baking powder and salt. Beat butter and sugar in large bowl with electric mixer until light and fluffy. Beat in egg. Gradually stir in flour mixture until blended. Divide dough in half. Shape each half into a roll 1½ inches in diameter. Wrap and freeze or chill about 4 hours until very firm. Heat oven to 375°. Lightly grease cookie sheets. Cut rolls in ¼-inch-thick slices. Place 1 inch apart on prepared cookie sheets. Bake 10 to 12 minutes until cookies look dry. Remove to a rack to cool completely. Cookies are soft when hot but crisp when cool. Drizzle mint mixture over tops. Refrigerate 15 minutes for chocolate to harden. Makes 64. *Per cookie: 54 cal, 1 g pro, 8 g car, 3 g fat, 11 mg chol with butter, 4 mg chol with margarine, 41 mg sod*

ORANGE POPPY-SEED COOKIES

- 2 cups all-purpose flour
- 1½ teaspoons baking powder
- ⅛ teaspoon salt
- ¼ cup poppy seeds
- ½ cup butter or margarine, at room temperature
- ¾ cup granulated sugar
- 1 large egg
- 1½ tablespoons freshly grated orange peel
- For decoration: granulated sugar, chopped candied orange peel

Mix flour, baking powder, salt and 1 tablespoon poppy seeds. Beat butter and sugar in large bowl with electric mixer until fluffy. Beat in egg and orange peel. Gradually beat in flour mixture until blended. Divide dough in half. Shape each half into a 2-inch-diameter log. Spread remaining 3 tablespoons poppy seeds on a sheet of waxed paper; roll logs in poppy seeds to coat. Wrap and refrigerate 4 hours or until firm. Heat oven to 350°. Lightly grease cookie sheets. Cut 1 roll at a time (keep remainder refrigerated) into ¼-inch-thick slices. Place 1 inch apart on prepared cookie sheets. Sprinkle top of each with sugar and orange peel. Bake 12 to 15 minutes until bottoms are lightly browned. Remove to a rack to cool. Makes 40. *Per cookie: 60 cal, 1 g pro, 9 g car, 3 g fat, 13 mg chol with butter, 6 mg chol with margarine, 48 mg sod*

ANN'S ISLAND TEA COOKIES

- 1¾ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup butter or margarine, at room temperature
- 1 cup granulated sugar
- 1 large egg
- 1 tablespoon lemon juice
- 1½ teaspoons vanilla
- 2 cups (6 ounces) flaked coconut
- ¾ cup (3 ounces) finely chopped toasted nuts, such as macadamias or pecans, or ¼ cup red sugar crystals

Mix flour, salt and baking soda. Beat butter and sugar in a large bowl with electric mixer until light and fluffy. Beat in egg, lemon juice and vanilla. Gradually beat in flour mixture until well blended. Stir in coconut. Divide dough in half. If dough is too soft, chill about 30 minutes. Shape each half into a 1½-inch-diameter log. Roll each in nuts or colored sugar. Wrap and freeze or chill about 2 hours until firm enough to slice. Heat oven to 375°. Lightly grease cookie sheets. Cut dough into ¼-inch-thick slices. Place 1½ inches apart on prepared cookie sheets. Bake 9 to 12 minutes until lightly browned. Cool on sheets 1 to 2 minutes; remove to racks to cool completely. Makes 64. *Per cookie with pecans: 69 cal, 1 g pro, 7 g car, 4 g fat, 8 mg chol with butter, 3 mg chol with margarine, 44 mg sod*

CUTOUT COOKIES

COUNTRY HEART SHORTBREAD

- 1½ cups butter or margarine, at room temperature
- 1 cup confectioners' sugar
- 1 tablespoon vanilla
- 2⅔ cups all-purpose flour
- ¼ cup granulated sugar

Beat butter, confectioners' sugar and vanilla in large bowl with electric mixer until fluffy. Gradually beat in flour until well blended. Divide dough in half. Shape each into a ball and flatten to 1-inch-thick rounds on 2 pieces of plastic wrap. Wrap and refrigerate at least 4 hours or until firm. Heat oven to 325°. Lightly grease cookie sheets. On a lightly floured surface with a floured rolling pin, roll half the dough at a time (keep remainder refrigerated) to ⅜-inch-thickness. Cut with floured 1½-inch heart or star-shaped cutter. Place 1 inch apart on ungreased cookie sheets. Chill and reroll scraps. Sprinkle tops with granulated sugar. Bake about 12 minutes until firm and set but not browned. Remove from oven. If desired, immediately prick cookies randomly or around edges with a wooden pick. Remove to a rack to cool completely. Makes about 80. *Per cookie: 48 cal, 0*

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4 g car, 3 g fat, 11 mg chol with butter, 0 mg chol with margarine, 42 mg sod

FESTIVE SPICY CHRISTMAS CUTOUTS

all-purpose flour
1 [illegible]oon baking powder
1½ tablespoons ground cinnamon
1 tablespoon ground ginger
¾ teaspoon ground allspice
¾ teaspoon ground nutmeg
¼ teaspoon ground cloves
1½ cups butter or margarine, at room temperature
1¾ cups packed light-brown sugar
1 large egg
Icing (recipe follows)
For decoration: sliced almonds, red cinnamon candies, silver dragées

Mix flour, baking powder and spices. In a large bowl beat butter and sugar with electric mixer until light and fluffy. Beat in egg. Gradually add flour mixture, beating until blended. Divide dough in thirds. Shape [illegible] into a ball; flatten to 1-inch-thick [illegible]. Wrap in plastic wrap and refrigerate [illegible]our or until firm enough to roll. Heat o[illegible]l 350°. Lightly grease cookie sheets. On [illegible]ghtly floured surface roll one third of dough at a time to ¼-inch thickness. Cut dough in desired shapes with floured cookie cutters. Place 1 inch apart on prepared cookie sheets. Chill and reroll scraps. Bake 12 to 15 minutes until lightly browned. Remove to rack to cool. Ice and decorate as desired. Let stand till icing hardens, about 2 hours. Makes ninety 2-inch cookies. *Per cookie without icing or decoration: 60 cal, 1 g pro, 8 g car, 3 g fat, 12 mg chol with butter, 2 mg chol with margarine, 51 mg sod*

ICING

Whites from 3 large eggs
½ teaspoon cream of tartar
1 pound confectioners' sugar
Paste food colors (available at cake-decorating supply stores) or liquid food colors (see Note)

In a large bowl beat egg whites and cream of tartar with electric mixer until frothy. Gradually add confectioners' sugar and beat 5 to 7 minutes until thick and glossy. Makes 2½ cups. *To color*, put portions of icing into small bowls. Add food color a small amount at a time to each, mixing well after each addition, until icing is the shade you want. When not actually working with icing, cover with a damp cloth to keep it from drying out. *To pipe*, spoon into decorating bag fitted with a small writing tip. *To paint*, add a few drops of water until thin enough to spread easily. **NOTE** For intense colors you need paste colors.

CINNAMON AND HONEY COOKIES

These get even better with age.

3 cups whole-wheat flour
½ cup toasted wheat germ
1 tablespoon ground cinnamon
1 teaspoon baking powder
½ teaspoon salt
¾ cup butter or margarine, at room temperature
1 cup packed dark-brown sugar
⅓ cup honey
⅓ cup milk or water
For decoration: cinnamon candies, silver dragées, multicolored sprinkles, green sugar crystals

Mix flour, wheat germ, cinnamon, baking powder and salt. In a large bowl beat butter, sugar and honey with electric mixer until well blended. Add flour mixture in thirds alternately with milk, mixing to blend after each addition. Divide dough in thirds. Pat [illegible]ion to a flattened rectangle. Wrap [illegible]stic wrap and chill 1 hour or until firm enough to roll. Heat oven to 350°. Grease cookie sheets. Roll one third of dough at a time between two sheets of waxed paper into a rectangle slightly larger than 8x6 inches. Remove top sheet of waxed paper and trim dough to a neat 8x6-inch rectangle. Cut into 2-inch squares, then cut each square diagonally to form 2 triangles; or cut dough into desired shapes with cookie cutters. Place 1 inch apart on prepared cookie sheets. Press in candies or dragées or sprinkle with sugar. Bake 10 to 12 minutes until tops feel firm when lightly pressed. Remove to racks to cool. Makes 96 triangles. *Per triangle: 40 cal, 1 g pro, 16 g car, 2 g fat, 5 mg chol with butter, 0 mg chol with margarine, 33 mg sod*

SUGAR-PLUM PIES

Dough
3½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup butter or margarine, at room temperature
1¼ cups granulated sugar
1 large egg
1 tablespoon vanilla
⅓ cup milk
Filling
¾ chopped pitted prunes
¾ cup chopped dried apricots or peaches
⅓ cup water
¼ cup granulated sugar
1 tablespoon lemon juice
¾ cup walnuts, chopped coarse
¼ teaspoon ground nutmeg (optional)
For decoration: granulated sugar

To make dough, mix flour, baking powder and salt. In a large bowl beat butter and sugar with electric mixer until fluffy. Beat in egg and vanilla. Stir in flour mixture alternately with milk until blended. Dough will be soft and slightly sticky. Divide in fourths; shape into 4 flattened circles. Wrap in plastic wrap and refrigerate overnight. *To make filling*, mix prunes, apricots, water and sugar in a small saucepan. Cook uncovered over medium-low heat, stirring 2 or 3 times, about 5 minutes until liquid is syrupy and fruits are tender but not dry. Remove from heat; stir in lemon juice, nuts and nutmeg; cool completely. Heat oven to 350°. Lightly grease cookie sheets. On a floured surface roll out one fourth of dough at a time to ⅛-inch thickness. (Keep remainder refrigerated.) Cut with a plain or scalloped 2-inch round cutter. Place half the rounds 1 inch apart on prepared cookie sheet. Top each with 1 teaspoon filling; moisten edges with water. Top with remaining rounds; press edges with fingertip to seal. With a small sharp knife cut an "X" in center of tops; sprinkle with granulated sugar. Bake about 10 minutes until bottoms are *very* lightly browned. Remove to wire rack to cool. Makes 72. *Per cookie: 84 cal, 1 g pro, 12 g car, 4 g fat, 12 mg chol with butter, 4 mg chol with margarine, 50 mg sod*

COOKIE TIPS

Making

- Most recipes call for room temperature butter or margarine because it's easier to beat. Leave butter out of the refrigerator or soften it in a microwave.
- Use regular stick margarine or butter, not tub or diet.
- No need to sift flour or dry ingredients unless a recipe directs you to do so.
- For rolled dough, cut cookies as close together as possible. Collect trimmings and press—don't knead—them together, then reroll. Cookies from rerolled dough will be less tender.

Baking

- Unrimmed cookie sheets are best for even browning of cookies. Make sure they're at least 2 inches smaller all around than your oven dimensions, so the heat can circulate and cookies bake evenly. Don't use sheets with high sides, which will deflect the heat and make the cookies hard to remove. If you run out of cookie sheets, use inverted baking pans.
- Always place dough on a cool cookie sheet; it will spread on a hot one.
- Bake 1 sheet at a time using center rack. Test doneness after minimum time.

Storing

- Store cookies airtight in tightly closed plastic bags, foil packets, tins, cookie jars with tight-fitting lids or rigid plastic storage containers. If cookies are moist or sticky, separate layers with waxed paper.
- Don't store crisp cookies and soft cookies in the same container.
- If you plan to keep cookies for more than a few days, freeze them in freezer-storage containers or wrapped in heavy-duty foil.
- Unwrap frosted or glazed frozen cookies before you thaw them. Otherwise the icing may stick to the wrapping.

SWEDISH SPICE HEARTS

You need two sizes of heart-shaped cutters to make these.

3 cups all-purpose flour
1 teaspoon salt
½ teaspoon baking soda
1½ teaspoons *each* ground ginger and cinnamon
1½ tablespoons freshly grated orange peel
1 cup butter or margarine, at room temperature
½ cup light molasses
½ cup granulated sugar
¼ cup packed light-brown sugar
1 large egg
½ cup seedless raspberry jam, warmed
For decoration: confectioners' sugar

Mix flour, salt, baking soda, ginger, cinnamon and orange peel. Beat butter, molasses, granulated sugar and brown sugar in large bowl with electric mixer about 2 minutes until well blended. Beat in egg. With mixer on low speed, gradually beat in flour mixture just until blended (dough will be sticky). Divide dough in fourths. Wrap each piece in plastic wrap and flatten to 1-inch thickness. Refrigerate at least 4 hours or until firm enough to roll. Heat oven to 350°. Have cookie sheets ready. On a lightly floured surface, roll fourth of dough at a time to ⅛-inch thickness with a floured rolling pin. Cut 3-inch heart shapes. Place half the hearts 1 inch apart on ungreased cookie sheets. Cut a 1½-inch heart from centers of remaining hearts. Chill and reroll scraps. Bake 5 to 7 minutes until slightly browned around edges. Remove to wire racks to cool. To assemble, brush centers of whole cookies with warm jam. Top each with a cutout cookie. Spoon additional jam into centers. Let stand until jam cools and sets. Dust cookies with confectioners' sugar. Makes thirty-six 3-inch sandwich cookies. *Per cookie: 126 cal, 1 g pro, 18 g car, 5 g fat, 23 mg chol with butter, 7 mg chol with margarine, 140 mg sod*

SPATTER-PAINTED COOKIES

1 cup butter or margarine, at room temperature
1½ cups confectioners' sugar
1 large egg
2 teaspoons vanilla
2 teaspoons freshly grated lemon peel
2½ cups all-purpose flour
1 teaspoon baking powder
2 tablespoons granulated sugar
For decoration: 1 cup heavy cream, assorted food colors

Beat butter and confectioners' sugar in large bowl with electric mixer until light and fluffy. Beat in egg, vanilla and lemon peel. Add flour and baking powder; mix to blend. Divide dough in half. Shape each half into a ball; flatten to 1-inch rounds. Wrap and chill 1 hour or until firm. Heat oven to 325°. On a well-floured surface, roll half the dough at a time to ⅛-inch thickness. Cut dough in desired shapes with 2½-inch cookie cutters. Place 1 inch apart on ungreased cookie sheet; sprinkle tops with granulated sugar. Bake 9 to 12 minutes until cookies are very lightly browned. Remove to rack to cool completely. Meanwhile divide cream among small bowls. Stir a different food color into each to make intense colors. *To spatter-paint*, cover work surface with waxed paper. Dip a small brush in colored cream and flick over cookies or simply brush over tops. Makes 84. *Per cookie without decoration: 43 cal, 0 g pro, 5 g car, 2 g fat, 10 mg chol with butter, 3 mg chol with margarine, 31 mg sod*

STENCILED GINGER COOKIES

Cookies
3½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon *each* ground cinnamon and ground ginger
½ teaspoon *each* ground nutmeg and ground cloves
¼ cup butter or margarine, at room temperature
½ cup packed dark-brown sugar
½ cup dark molasses
¼ cup milk
Cookie Paints
Yolks from 3 large eggs
About 16 drops red, 12 drops green and 8 drops yellow food colors

Mix flour, baking soda, salt and spices. Beat butter and brown sugar in large bowl with electric mixer until fluffy. Beat in molasses until well blended. Add flour mixture in 3 additions alternately with milk, blending well after each. Mixture will be very stiff and crumbly. Work with hands to form a dough. Divide in half. Shape each piece into a 1-inch-thick rectangle. Wrap in plastic wrap and chill 1 hour or until very firm. Heat oven to 350°. Lightly grease cookie sheets. On lightly floured surface with lightly floured rolling pin, roll half of dough at a time into a rectangle slightly larger than 12x9 inches. Using a ruler and a sharp knife, trim to a neat 12x9-inch rectangle. Cut dough into 3x2-inch rectangles. Place ½ inch apart on prepared cookie sheets. With tiny aspic cutters (hearts, stars etc.), stamp pattern into dough. Do not cut through dough. *For cookie paints*, put 1 egg yolk in each of 3 small bowls. Add

a different food color to each one, beat with a clean fork until blended. Add a few more drops if necessary to make colors intense. Using small paintbrushes, paint stamped patterns. Bake 9 to 12 minutes until tops look dry with shiny painted patterns. Remove to rack to cool. Makes 36. *Per cookie without cookie paint: 43 cal, 0 g pro, 5 g car, 2 g fat, 10 mg chol with butter, 6 mg chol with margarine, 31 mg sod*

BAR COOKIES

HAZELNUT BARS

Crust
- ¾ cup butter or margarine, at room temperature
- ¾ cup confectioners' sugar
- ¼ teaspoon salt
- 1 large egg
- 2 cups all-purpose flour

Topping
- ¾ cup butter or margarine
- ½ cup honey
- ½ cup packed dark-brown sugar
- ¼ cup heavy cream
- 1 tablespoon vanilla
- 1½ tablespoons freshly grated orange peel
- 1½ cups toasted hazelnuts (filberts), chopped coarse

Heat oven to 350°. Grease a 13x9-inch baking pan. *To make crust,* beat butter, sugar, salt and egg in a large bowl with electric mixer until well blended. Gradually stir in flour until blended. Pat dough evenly in bottom and ¼ inch up sides of prepared pan. Bake 25 to 30 minutes until edges are lightly browned. *Meanwhile prepare topping:* Melt butter in a medium-size saucepan over low heat. Stir in remaining ingredients except nuts. Remove from heat; add nuts and stir to coat. Pour over crust; spread to distribute nuts evenly. Bake 25 minutes longer or until topping is bubbly and mahogany colored. Cool slightly in pan on rack 10 to 15 minutes. Before topping hardens, cut in 2x1-inch bars; let stand in pan to cool completely. Makes 48. *Per bar: 125 cal, 1 g pro, 12 g car, 9 g fat, 25 mg chol with butter, 7 mg chol with margarine, 84 mg sod*

CARAMEL- OR CHOCOLATE-TOPPED FUDGE SQUARES

Choose your topping.

Fudge Layer
- ¾ cup butter or margarine
- 5 squares (1 ounce each) unsweetened chocolate
- 1½ cups granulated sugar
- 3 large eggs
- ⅛ teaspoon salt
- 1¼ cups all-purpose flour
- ½ cup toasted almonds, chopped coarse (optional)

Caramel or Chocolate Topping (recipes follow)

For fudge layer, heat oven to 325°. Line a 13x9-inch baking pan with foil; grease foil. Melt butter and chocolate in a small saucepan over low heat, stirring just until smooth; remove from heat. In a large bowl beat sugar, eggs and salt with electric mixer until thick and pale, 3 to 4 minutes. Beat in chocolate mixture until blended, then mix in flour. Pour into prepared pan; sprinkle almonds on top. Bake 20 to 25 minutes until pick inserted in center comes out moist but clean and cake pulls away from sides of pan. Cool in pan on rack. Prepare desired topping; assemble as directed above right.

CARAMEL TOPPING Heat **thirty individually wrapped vanilla caramels (from 14-ounce bag)** and **¼ cup heavy cream** in a small saucepan over low heat until caramels melt and mixture is smooth, stirring often. Immediately pour over cooled fudge layer; spread quickly and evenly. Let stand until cool and set. Meanwhile stir **4 squares (1 ounce each) semisweet chocolate** and **1 tablespoon vegetable shortening** in a small saucepan over low heat until smooth. Drizzle from a spoon over caramel layer. Leave in a cool place or refrigerate for chocolate to set. Lift foil by ends onto cutting board. Cut in 2¼x1-inch bars. Makes 52. *Per bar with almonds: 120 cal, 1 g pro, 14 g car, 7 g fat, 25 mg chol with butter, 17 mg chol with margarine, 53 mg sod*

CHOCOLATE TOPPING *You can bake the fudge layer a few days ahead (longer if you freeze it) but add this topping not more than 24 hours before serving.* Break up and heat **4 ounces sweet cooking chocolate** with **¼ cup heavy cream** or **half-and-half** in a small saucepan over low heat, stirring often, until chocolate melts. Remove from heat; let stand 5 to 10 minutes until thick enough to spread. Spread evenly over fudge layer. If desired, sprinkle with **⅓ cup crushed hard peppermint candies.** Lift foil by ends onto cutting board. Cut into 1-inch bite-size squares. Makes 117. *Per square with almonds but without candies: 44 cal, 1 g pro, 5 g car, 3 g fat, 11 mg chol with butter, 7 mg chol with margarine, 19 mg sod*

LAYERED MARZIPAN BARS

Cookie Crust
- ⅔ cup butter or margarine, at room temperature
- ½ cup packed light-brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 1 tablespoon water
- 2⅔ cups all-purpose flour
- ¾ cup (9 ounces) strawberry jelly
- 2 or 3 drops red food color (optional)

Marzipan Layer
- 1 can (8 ounces) or 1 roll (7 ounces) almond paste
- 2 tablespoons butter or margarine, at room temperature
- ½ cup granulated sugar
- White from 1 large egg
- 1 teaspoon vanilla
- 3 large eggs
- Few drops green food color (optional)

Chocolate Frosting
- 4 ounces (1 bar) sweet cooking chocolate, broken up
- ¼ cup heavy cream or half-and-half

Heat oven to 350°. Grease a 15½x10½-inch jelly-roll pan. *For cookie crust,* beat butter and sugar in a large bowl with electric mixer until fluffy. Beat in eggs, vanilla and water. Stir in flour until blended. Pat dough evenly in bottom of prepared pan. Stir jelly until soft, then stir in food

color. Spread over dough in pan. *For marzipan layer*, beat almond paste, butter, sugar, egg white and vanilla in a medium-size bowl with electric mixer until smooth. Beat in eggs until well blended. Add 1 drop food color at a time, mixing well after each addition until mixture is deep green. Spread over jelly. Bake 25 to 35 minutes until top is lightly browned and puffed and pick inserted in center comes out clean. Top will flatten as it cools. Cool completely in pan on rack. *Meanwhile for chocolate frosting*, in a small saucepan over low heat stir chocolate and cream just until chocolate melts. Let stand about 5 minutes to cool slightly. Pour over marzipan layer; spread with metal spatula. Let stand in cool place about 30 minutes until glaze sets. Cut into 2x1½-inch bars. Makes 50. *Per bar: 126 cal, 2 g pro, 16 g car, 6 g fat, 36 mg chol with butter, 29 mg chol with margarine, 55 mg sod*

CHOCOLATE-FILLED OAT BARS

1 can (14 ounces) sweetened condensed (not evaporated) milk
4 squares (1 ounce each) unsweetened chocolate
2 cups (8 ounces) walnuts, chopped coarse
2 cups all-purpose flour
2 cups quick-cooking oats
½ teaspoon baking soda
½ teaspoon salt
1 cup butter or margarine, at room temperature
1½ cups packed dark-brown sugar
2 teaspoons vanilla
For decoration: confectioners' sugar

Heat oven to 350°. Line a 13x9-inch baking pan with foil. In top of double boiler (or in heatproof bowl set over barely simmering water) heat milk and chocolate, stirring often until smooth. Remove from heat; stir in walnuts. Mix flour, oats, baking soda and salt. Beat butter, sugar and vanilla in a large bowl with electric mixer until fluffy. Add flour mixture and beat just to blend. Mixture will be crumbly. Firmly press two thirds in bottom of lined pan. Spread chocolate mixture evenly over top, then sprinkle with the remaining flour mixture. Bake 25 to 30 minutes until lightly browned on top. Cool in pan on rack. Sprinkle top with confectioners' sugar. Lift foil by ends onto cutting board. Cut into 2x1-inch bars. Makes 48. *Per bar: 172 cal, 3 g pro, 20 g car, 10 g fat, 16 mg chol with butter, 4 mg chol with margarine, 95 mg sod*

GLAZED WALNUT SHORTBREAD

1 cup butter or margarine, at room temperature
¾ cup confectioners' sugar
1 teaspoon vanilla
2 cups all-purpose flour
1 cup (4 ounces) walnuts, chopped fine
¾ cup (9 ounces) seedless raspberry jam, red-currant jelly or lemon curd

Heat oven to 325°. Line a 15½x10½-inch jelly-roll pan with foil. Beat butter, sugar and vanilla in a large bowl with electric mixer until fluffy. Mix in flour and nuts until well blended. Press dough evenly in bottom of lined pan. Bake 20 to 30 minutes until edges are lightly browned. Remove from oven; place pan on wire rack. Spread jam on top. Lift foil by ends onto cutting board. While shortbread is still warm, cut into 5 lengthwise strips, then cut each strip into 20 triangles. Cool completely on rack. Makes 100. *Per triangle with jam: 44 cal, 0 g pro, 5 g car, 3 g fat, 6 mg chol with butter, 0 mg chol with margarine, 23 mg sod*

DROP AND MOLDED COOKIES

PEANUT-BUTTER KISSES

Look—no flour!

1 jar (18 ounces) creamy peanut butter
1¼ cups granulated sugar
2 large eggs
48 milk-chocolate Kisses, (a 9-ounce package contains 53)

Heat oven to 350°. Have cookie sheets ready. With a wooden spoon stir peanut butter, sugar and eggs in a medium-size bowl until thoroughly blended. (Dough will be slightly sticky.) With floured hands, roll level measuring tablespoonfuls into 1¼-inch balls. Place 1½ inches apart on ungreased cookie sheets. Bake 12 to 14 minutes until cookies look dry with tops crackled. Remove from oven and immediately press a chocolate Kiss in center of each. Cool on cookie sheet 1 to 2 minutes, then remove to wire racks to cool completely. Makes 48. *Per cookie: 111 cal, 3 g pro, 10 g car, 7 g fat, 12 mg chol, 71 mg sod*

LEMON-PISTACHIO DROPS

1 cup butter or margarine, at room temperature
1 cup granulated sugar
2 large eggs, yolks and whites separated
2 teaspoons freshly grated lemon peel
3 tablespoons fresh lemon juice
2½ cups all-purpose flour
¾ cup pistachio nuts or pecans, chopped fine
For decoration: 52 shelled whole pistachios or small pecan halves

Heat oven to 350°. Lightly grease cookie sheets. Beat butter and sugar in large bowl with electric mixer until fluffy. Beat in egg yolks, lemon peel and lemon juice until blended. Gradually beat in flour just until well blended. If necessary, refrigerate dough until firm enough to handle. In a shallow bowl, beat egg whites with a fork until foamy. Place chopped nuts on waxed paper. Shape rounded teaspoonfuls dough into fifty-two 1-inch balls. Dip in egg white, then roll in nuts to coat. Place 1 inch apart on prepared cookie sheets. Press a nut into top of each ball. Bake 15 to 18 minutes until firm and set. Remove to wire rack to cool. Makes 52. *Per cookie: 83 cal, 1 g pro, 9 g car, 5 g fat, 21 mg chol with butter, 10 mg chol with margarine, 46 mg sod*

LEMON DIMPLES

Fill centers just before serving.

1 cup butter or margarine, at room temperature
½ cup packed light-brown sugar
½ teaspoon salt
2 teaspoons vanilla
2 large eggs, yolks and whites separated
2¼ cups all-purpose flour
1½ cups (6 ounces) pecans or walnuts, chopped fine
For decoration: about ½ cup lemon or orange marmalade or lemon curd

Heat oven to 350°. Grease cookie sheets. Beat butter, sugar, salt, vanilla and egg yolks in large bowl with electric mixer until well blended. Gradually add flour, mixing until blended. Shape rounded teaspoonfuls dough into 1-inch balls. In small bowl, beat egg whites with a fork until foamy. Put chopped nuts on a sheet of waxed paper. Dip balls in egg whites, then roll in nuts. Place 1 inch apart on prepared cookie sheets. Press index finger into center of each ball to make a deep indentation. Bake 15 to 18 minutes until firm and set. Remove to wire rack to cool. Spoon marmalade in center of each cookie. Makes 42. *Per cookie with pecans and marmalade: 116 cal, 1 g pro, 11 g car, 8 g fat, 26 mg chol with butter, 12 mg chol with margarine, 83 mg sod*

PECAN LOGS

1 cup butter or margarine, at room temperature
1 cup confectioners' sugar
¼ teaspoon salt
2 teaspoons vanilla
1 tablespoon water
2 cups all-purpose flour
2 cups (8 ounces) pecan halves, chopped fine
For decoration: cherry fruit rolls, cut in ⅛-inch-wide strips

Heat oven to 350°. Have cookie sheets ready. Beat butter, ¼ cup sugar, the salt, vanilla and water in a large bowl with electric mixer until fluffy. Stir in flour and nuts until blended. Shape rounded teaspoonfuls into logs about 1½ inches long and ½ inch in diameter. Place ½ inch apart on ungreased cookie sheets. Bake 12 to 15 minutes until bottoms are lightly browned. Remove to wire racks to cool completely. Roll in the remaining confectioners' sugar to coat, then decorate as shown (see Note). Makes 100. *Per cookie without decoration: 46 cal, 0 g pro, 3 g car, 4 g fat, 6 mg chol with butter, 0 mg chol with margarine, 28 mg sod.* **NOTE** For ribbon, wrap fruit-roll strip around log and press gently so it sticks to itself. Loop another strip to form a bow; press in place. (Bows take time and patience!) Just before serving, dip bottom of "package" in confectioners' sugar so it doesn't stick to plate.

BRANDIED SUGARPLUMS

These delicious no-bake morsels get better as they age. You can store them tightly covered up to 1 month—if you hide them!

1 cup (6 ounces) semisweet-chocolate chips, melted
½ cup confectioners' sugar
¼ cup light corn syrup
⅓ cup brandy (see Note)
2½ cups fine vanilla-wafer crumbs (62 wafers = 9 ounces)
1 cup (4 ounces) pecans, ground coarse in blender
½ cup granulated sugar
For decoration: candied red or green cherry halves

Have ready a waxed-paper-lined cookie sheet or tray. With a wooden spoon mix chocolate, the confectioners' sugar, corn syrup and brandy in a medium-size bowl. Stir in cookie crumbs and nuts until blended. Roll rounded teaspoonfuls into 1-inch balls. (If mixture is too dry and crumbly to shape, add a little more brandy or water.) Roll in granulated sugar to coat. Arrange on prepared tray. Press a cherry half into each. Makes about 54. *Per piece with brandy: 68 cal, 1 g pro, 9 g car, 3 g fat, 1 mg chol, 10 mg sod.* **NOTE** Instead of brandy you can use 3 tablespoons water mixed with 1 teaspoon brandy or rum extract.

ALMOND COOKIE MICE

You can shape bears from this dough too.

1 cup butter or margarine, at room temperature
1 cup packed light-brown sugar
1 large egg
2 teaspoons almond extract
1 teaspoon vanilla
3½ cups all-purpose flour
For decoration: peanut halves; coarsely chopped raisins; red licorice laces, cut in 3-inch lengths

Beat butter and sugar in a large bowl with electric mixer until fluffy. Beat in egg and extracts. Gradually beat in flour until blended. Dough will be stiff. Cover and refrigerate 1 hour or until well chilled. Heat oven to 325°. Have cookie sheets ready. Shape rounded tablespoonfuls dough into 1¼-inch balls. Taper each ball at one end into a teardrop shape; press one side flat. Place flat sides down 2 inches apart on ungreased cookie sheet. Press in sides of balls to raise "backs" of mice. (They spread slightly as they bake.) Gently push 2 peanut halves in each for ears and 2 pieces of raisins for eyes. With a wooden pick make a 1-inch-deep hole at tail end. Bake 9 to 12 minutes until bottoms are lightly browned. Remove to rack; insert licorice tails; cool completely. Makes forty-five 2-inch mice. *Per mouse: 92 cal, 1 g pro, 12 g car, 4 g fat, 18 mg chol with butter, 5 mg chol with margarine, 53 mg sod*

WALNUT-DATE MERINGUES

These meringues don't spread and you can bake both cookie sheets on separate oven racks at the same time.

Whites from 2 large eggs
⅛ teaspoon salt
½ cup granulated sugar
1½ teaspoons vanilla
1 package (8 ounces) chopped dates
1 cup (4 ounces) walnuts, chopped coarse
For decoration: red and/or green sugar

Heat oven to 200°. Grease 2 cookie sheets well. Beat egg whites in large bowl with electric mixer until foamy. With mixer on high speed, beat in salt. Gradually add sugar; beat 3 to 5 minutes until stiff, glossy peaks form when beaters are lifted. Beat in vanilla. Fold in dates and walnuts. Drop rounded teaspoonfuls ½ inch apart on prepared cookie sheets. Sprinkle tops with colored sugar. Bake 1 hour or until meringues look dry and set but not brown. Cool on cookie sheets 5 minutes, then remove to racks to cool completely. Makes 32. *Per meringue: 57 cal, 1 g pro, 9 g car, 2 g fat, 0 mg chol, 12 mg sod*

SNOWBANKS

Do not make these on a humid or rainy day.

Whites from 4 large eggs
1 cup granulated sugar
⅛ teaspoon salt
1 teaspoon almond extract
1 teaspoon vanilla
½ cup all-purpose flour
1 package (7 ounces) flaked or shredded coconut (2½ cups)
⅔ cup finely chopped mixed candied fruit or miniature semisweet-chocolate chips

Heat oven to 325°. Grease cookie sheets well. Beat egg whites in a large bowl with electric mixer until they mound softly. Gradually beat in sugar until soft, floppy peaks form when beaters are lifted. Add salt and extracts; mix to blend. Stir in flour, then coconut and candied fruit. Drop rounded teaspoonfuls 1½ inches apart on prepared cookie sheets. Bake 20 to 24 minutes until lightly browned. Remove to rack to cool. Makes 48. *Per piece: 54 cal, 1 g pro, 10 g car, 2 g fat, 0 mg chol, 10 mg sod*

CHOCOLATE CRINKLES

2 cups plus 2 tablespoons all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup butter or margarine, at room temperature
1¾ cups granulated sugar
3 large eggs
1 teaspoon vanilla
4 squares (1 ounce each) unsweetened chocolate, melted
½ cup confectioners' sugar

Mix flour, baking powder and salt. In a large bowl beat butter and granulated sugar with electric mixer until fluffy. Beat in eggs until mixture is pale yellow, then vanilla and chocolate until blended. Gradually add flour mixture, mixing just to blend. Refrigerate dough about 1 hour. Heat oven to 350°. Lightly grease cookie sheets. Shape heaping teaspoonfuls dough into 1¼-inch balls. Roll in confectioners' sugar. Place 1½ inches apart on prepared cookie sheets. Bake about 12 minutes until tops are puffed and crackled. (Do not overbake.) Cookies are soft when hot but firm and chewy when cool. Remove to rack to cool. Makes 52. *Per cookie: 81 cal, 1 g pro, 12 g car, 3 g fat, 20 mg chol with butter, 14 mg chol with margarine, 58 mg sod*

SPICY CHRISTMAS SHORTBREAD

1 cup butter or margarine, at room temperature
1 cup packed dark-brown sugar
1½ tablespoons freshly grated orange peel
2 tablespoons ground ginger
1 tablespoon ground cinnamon
¾ teaspoon ground cloves
1 teaspoon baking soda
⅛ teaspoon salt
2 cups all-purpose flour
For decoration: confectioners' sugar

Heat oven to 325°. Have two 8- or 9-inch round layer-cake pans ready. Beat butter, sugar, orange peel, spices, baking soda and salt in a large bowl with electric mixer until fluffy and well blended. Gradually mix in flour just until blended. Divide dough in half. Press each half in bottom of ungreased pan. Bake 25 minutes or until tops are dry and crackled and edges slightly higher than centers. Cool in pans on rack 5 minutes. Cut each shortbread into 16 wedges. Prick each wedge in 3 places with a fork. Cool completely in pan. Just before serving, dust with confectioners' sugar. Makes 32. *Per wedge: 105 cal, 1 g pro, 13 g car, 6 g fat, 18 mg chol with butter, 0 mg chol with margarine, 115 mg sod*

OHIO-STATE BUCKEYES

No-bake goodies named for the look-alike (but inedible) nuts of the state tree of Ohio.

1 cup (9 ounces) creamy peanut butter
¼ cup butter or margarine, at room temperature
1 teaspoon vanilla
1½ cups confectioners' sugar
½ cup all-purpose flour
1 cup (6 ounces) semisweet-chocolate chips, melted

Line 2 cookie sheets with waxed paper. Beat peanut butter, butter and vanilla in a medium-size bowl with electric mixer until smooth. Gradually beat in sugar and flour until well blended. Roll rounded teaspoonfuls into 1-inch balls. Arrange on prepared cookie sheets and refrigerate 1 hour or until firm. Spear one ball at a time with a wooden pick and dip in chocolate to cover about two-thirds. Arrange chocolate side down on prepared cookie sheets. Smooth over toothpick holes. Refrigerate about 15 minutes until chocolate is set. Store tightly covered in refrigerator up to 2 months. Makes 60. *Per ball: 62 cal, 1 g pro, 6 g car, 4 g fat, 2 mg chol with butter, 0 mg chol with margarine, 35 mg sod*

CHOCOLATE BEARS

3 cups all-purpose flour
½ cup unsweetened cocoa powder
¼ teaspoon salt
1¼ cups butter or margarine, at room temperature
1½ cups confectioners' sugar
1 large egg
2 teaspoons vanilla
For decoration: candy sequins, small bows formed from thin strips cherry fruit rolls

Mix flour, cocoa and salt. In a large bowl beat butter and sugar with electric mixer until fluffy. Beat in egg and vanilla, then flour mixture until blended. Cover and chill 1 hour or until firm. Heat oven to 350°. Have cookie sheets ready. For each bear, measure out 1 level tablespoonful, 1 rounded teaspoonful and 6 half-teaspoonfuls dough. Shape all pieces of dough into balls. *To assemble*, place large balls (bodies) 1½ inches apart on ungreased cookie sheet. Place medium-size balls (heads) above and press each gently to secure to body; attach small balls for paws and ears. Pinch off a tiny piece of dough for nose and attach. Place candy sequins for eyes, tips of noses and buttons. Bake 10 to 12 minutes until cookies look dry. Remove to wire racks to cool. Press bows under chins. Makes twenty-two 3-inch bears. *Per bear without decoration: 195 cal, 3 g pro, 22 g car, 11 g fat, 44 mg chol with butter, 11 mg chol with margarine, 143 mg sod*